



# THE WOODLAKE DOWNTOWN STUDIO

## FRONT:



## BACK:



## INSIDE:



WHAT USED TO BE THE 99 CENT STORE IN DOWNTOWN WOODLAKE HAS NOW BEEN TRANSFORMED INTO A BEAUTIFUL DOWNTOWN STUDIO SPACE!

COMPLETE WITH A COURTYARD IN THE BACK FOR SEATING/ WAITING SPACE. AND AN ORIGINAL ARCED WOODEN CEILING. THIS NEWEST CITY FACILITY WILL QUICKLY BECOME A DOWNTOWN GEM!

WE ARE NOT CURRENTLY RENTING OUT THIS SPACE FOR EVENTS. HOWEVER, IF YOU'RE INTERESTED IN HOSTING A FITNESS CLASS IN THIS SPACE. PLEASE CONTACT JENNIFER REYNOLDS AT [JREYNOLDS@CITYOFWOODLAKE.CA.US](mailto:JREYNOLDS@CITYOFWOODLAKE.CA.US)



# DOWNTOWN STUDIO

## CONSISTENT WEEKLY SCHEDULE

### MONDAY

4:30-5:30pm: Bailoterapia Class  
6:00-7:30pm: Yoga & Meditation

### TUESDAY

9-10:30am: Tai Chi Class  
6-8pm: Zumba Fitness Class

### WEDNESDAY

12-2pm: Yoga & Meditation  
6-8pm: Ballet Folklorico Dance Class

### THURSDAY

9-10:30am: Tai Chi Class  
6-8pm: Zumba Fitness Class

### FRIDAY

6-7:30pm: Yoga & Meditation

### SATURDAY

8:00-9:00am: Pilates Class  
9-11am: Zumba Fitness Class



# Exercise Classes

## **Bailoterapia Free Classes**

Woodlake Downtown Studio  
157 N. Valencia Blvd  
Woodlake, CA 93286

Classes  
Monday  
4:30pm-5:30pm

For More Information  
Contact:  
Adriana Paniagua  
(559) 329-9189

Please bring: Tennis shoes, hand towel & water bottle



**Family  
HealthCare**  
NETWORK





# Yoga & Meditation



hOMe Stretch

## **CLASSES**

**MONDAYS: 6-7:30PM**

**WEDNESDAYS: 12-2PM**

**FRIDAYS: 6-7:30PM**

*With instructor Rose Renteria*

FOR QUESTIONS: 530-815-5700 | [RENERIA\\_ROSE@YAHOO.COM](mailto:RENERIA_ROSE@YAHOO.COM)



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# TAI CHI

## FOR ARTHRITIS BALANCE & FALL PREVENTION CLASS

### *Who is this class for?*

- ◆ THOSE WHO ARE HAVING BALANCE ISSUES
- ◆ HAVE FALLEN, HAVE A FEAR OF FALLING OR HAVE DEVELOPED A "WADDLE" OR "SHUFFLE" STEP
- ◆ BEING SLOWED DOWN BY ARTHRITIS, PAINFUL JOINTS OR MUSCLES
- ◆ JUST NEED TO MEET WITH OTHERS TO ENJOY AN EXERCISE CLASS IN A STRESS-FREE ENVIRONMENT

### *Classes*

TUESDAYS & THURSDAYS

9-10:30AM

*With instructor Al George*

FOR QUESTIONS: 559-280-9577



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Join us & see how this exercise class can help you! The slow and easy pace will enable you to learn the moves in a stress free environment. This is not to be confused with karate. This form of Tai Chi was specifically adapted to mee the needs of an ever growing older, sedentary population. Join us for a time of FUN and learning!





# ZUMBA® FITNESS

Woodlake, CA

WITH CERTIFIED ZUMBA INSTRUCTOR: VERONICA BENAVIDES

*Classes*  
Tuesdays 6-30pm  
Thursdays 6-30pm  
Saturdays 9-30am



**DOWNTOWN STUDIO**  
157 N. VALENCIA BLVD  
WOODLAKE, CA 93286



**VERONICABENAVIDES75.ZUMBA.COM**





**BALLET FOLKLÓRICO**



**PRESENTS:**

# FOLKLÓRICO CLASSES!

**WEDNESDAYS  
@ 6:30 P.M.**

Beginner/intermediate level folklorico classes open to students ages 5-18 years.

**YEAR-ROUND ENROLLMENT!**

Try a class for free and enroll on the spot.  
Contact: Micaela @ (559)246-5520

**New location!**



**Downtown Studio  
157 N. Valencia Blvd.  
Woodlake CA 93286**

**FOLLOW US**





# Pilates

*Saturdays*  
8:00-9:00AM

*With instructor Casey Johnson*

**FOR QUESTIONS: 559-308-1643**



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